Health & Wellbeing – Launch Newsletter

Welcome to the People Power Challenge! Over the next **[enter number]** weeks, **[enter organization name]** will be focusing our efforts on health and wellbeing.   There are many fun events and activities that you can complete to earn points and drive positive environmental action at home, at work, and in your community. **[If your organization will be providing prizes for participation, insert that information here]**. Your sustainability champion is **[insert name]**; contact them with any questions.

LEARN MORE

Title: Webinar Watch Party: Magnificent Milkweed: Creating Monarch Friendly Habitat

Subtitle: Join your colleagues on **[INSERT DATE AND TIME]**for a watch party!

In this webinar you will learn about the lifecycle of the Monarch butterfly and how to create a Monarch friendly habitat by planting milkweed in your garden.

Register here **[INSERT LINK]**

TAKE ACTION

To earn points, send pictures of yourself completing the following activities to **[insert champion name and contact details]**. Each activity is worth 50 points and can be completed multiple times.

|  |  |  |
| --- | --- | --- |
| **Activity** | **Description** | **Photo Proof** |
| **Go on a hike in a local conservation area**  **To see a list of accessible areas, check out https://trca.ca/about/accessibility-trca-facilities/** | Visit one of Toronto and Region Conservation Authority's many natural areas. Get out and explore nature and get your body moving at the same time! Being in the natural world can remind us why it is important to protect it. | Upload a photo of yourself exploring TRCA conservation areas. In the file upload please include the name of the Conservation Area. |
| **If it works for your body, use human powered transportation for one errand you would typically drive or use public transit for** | Reduce carbon pollution and get your steps in all-in-one go! Choose one errand you typically do via car or public transit and use your bike or walk instead. | Upload a photo of you taking human powered transportation |
| **Get your body moving in a way that works for you** | Take a virtual dance class, do yoga in your backyard, go for a run, play a sport - do whatever your body likes to do to get moving and stay active! Physical activity is good for more than just your physical wellbeing. Stress reduction and increased energy levels are just some of the additional benefits. | Upload a selfie of your physical activity |
| **Go vegan for one dinner** | Meat and dairy specifically account for around 14.5% of global greenhouse gas emissions, according to the UN’s Food and Agricultural Organization (FAO). You don't have to give meat and dairy up entirely to make a difference! Reduce your impact and commit to one plant based dinner. Remember, you can do this more than once and earn points every time! | Upload a photo of your vegan meal. |
| **Buy local, seasonal, and fairly traded foods** | Buying local supports our communities, helps the environment, and contributes to a healthier lifestyle by adding more fruits and veggies to your diet. | Upload a picture of your local foods purchase. |
| **Make meditation part of your routine for one week** | Whether you choose to use guided meditations (there are many on YouTube!) or sit quietly watching your thoughts, even a few minutes a day has been shown to reduce stress and promote calmness. | Upload a picture of yourself after a meditation practice. |
| **Learn a new skill that brings you joy** | Learning new skills can boost confidence, increase pleasure, and keep your brain sharp. Take a class in that hobby you have always wanted to try - photography, gardening, woodworking, automotive repair...the options are endless! | Upload a picture of you practicing your new skill. |
| **Learn about emotional regulation and teach the kids in your life** | Learning how to effectively manage our emotions gives us better control over our actions and ultimately our outcomes. Passing these skills onto the children in our life benefits their academic, social and moral development. | Upload a selfie while reading "[What is Emotion Regulation? + 6 Emotional Skills and Strategies](https://positivepsychology.com/emotion-regulation/)" |
| **Include a Wellness moment before meetings** | Introduce a new tradition before meetings: a 2-minute stretch break, squats, jumping jacks, or breathing exercises - be creative! | Upload a photo of your wellness moment. |
| **Hold a Step Challenge** | Promote a step challenge in the workplace. You can encourage all employees to record their steps around the workplace or their neighborhood each day to promote being active while working from home. | Upload a photo of a poster or  a screenshot of an email you have sent to staff to encourage them to take part in the step challenge. Ask staff to take photos of themselves while walking outdoors. |
| **Hold a virtual exercise class series** | Host a series of virtual exercise classes. This can be anything from dance to kickboxing to yoga - get creative! | Upload a photo of your exercise class |
| **If you have an open cafeteria, ensure healthy, affordable options are available** | Work with your cafeteria manager to ensure a variety of healthy, affordable meals that meet dietary restrictions (vegetarian, lactose free, Halal, Kosher, and so on) are available. | Upload a photo of your menu |
| **Start an employee food garden** | Give your colleagues an opportunity to plant, maintain, and harvest from a company garden. Company gardens enhance sustainability, improve employee health and wellness, attract and retain high quality candidates, give back to the local community, and garner positive press. | Upload a photo of your company garden. |
| **Hold a regular mindfulness or meditation session lead by an experienced practitioner** | Support employee’s mental wellbeing by providing a regular meditation group lead by an experienced practitioner. A 20-minute lunch time meditation can go a long way to increase wellbeing, boost productivity and generate calmness. | Upload a photo of one of the meditation sessions. |
| **Plant a Monarch Friendly Garden** | Plant a monarch friendly garden at your workplace and create a space that is not only beneficial to pollinators like bees and butterflies but is also fertile grounds for lifelong learning. | Upload a photo of your monarch friendly garden. |

EXPLORING THE UNITED NATIONS SUSTAINABLE DEVELOPMENT GOALS

In each newsletter, we will be focusing on one or more of the United Nations Sustainable Development Goals (UN SDGs) and bringing you videos, articles, and news stories to help increase awareness around these critical global goals.

Title: SDG Goal #3: Good Health and Wellbeing

Subtitle: Ensure healthy lives and promote well-being for all at all ages

The third goal of the UN SDGs focuses on ensuring healthy lives and promoting well-being for all, and is important to building prosperous societies.   
  
According to the United Nations, there has been progress made in many health areas such as in reducing maternal and child mortality, increasing coverage of immunization, and reducing some infectious diseases - but there is a lot of work to be done.   
  
In terms of what you can do to make a difference, you can start by promoting and protecting your own health and the health of those around you. You can also raise awareness in your local community about the importance of good health, healthy lifestyles and people's right to quality health care services, especially women and children, who are often the most vulnerable.

**Video: https://www.youtube.com/watch?v=Dd-v1nz-5OQ**

**LEARN MORE ABOUT THE SDGS:**[**https://partnersinprojectgreen.com/sustainable-development-goals/**](https://partnersinprojectgreen.com/sustainable-development-goals/)

RESOURCES

* [Why Canadian Businesses Should Care About the United Nations Sustainable Development Goals](https://www.youtube.com/watch?v=ikZI-CuO0oA)
* [Indigenous Canada Course](https://www.coursera.org/learn/indigenous-canada) by the University of Alberta
* [McGill Personal Finance Essentials](https://www.mcgillpersonalfinance.com/)